

# Growing Healthy Families



WIC Program Newsletter • XIII, Issue 4 • Winter 2011  
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[www.healthvermont.gov](http://www.healthvermont.gov)

## The spirit of sharing

The holidays are a time for sharing. Find ways to share the spirit of the holidays with others:

- Bake special breads. Wrap the bread in a festive bag with a ribbon. Deliver to a neighbor or friend.
- Help an elderly neighbor or relative decorate their home for the holidays.
- Grab your shovel and remove the snow off your neighbor's driveway or sidewalk.
- Make a gift basket. Fill it with fresh and dried fruits, nuts and seeds. Deliver the basket to an elderly friend or new mom.
- Make treats for the birds. Coat a pinecone in peanut butter and roll in birdseed. Hang from a tree where an elderly neighbor can watch the birds.
- Host a sledding adventure. Invite friends and neighbors and share time enjoying the outdoors.
- Organize a toy swap or clothing exchange with other families. It's a great way to share gently used items.
- Make homemade soup for a sick neighbor or friend. Try the chicken soup recipe in this issue.



How do you keep your family healthy in the winter?

**We go outside and play everyday, in almost any weather.**

**I think the fresh air helps my kids fight off colds.**

— Amber from Newport

## WIC food vendor corner

### Snowstorms and icy weather are here!

Keep your WIC foods from freezing by leaving a cooler outside where your foods are regularly delivered labeled "WIC." If your vendor cannot reach your normal delivery location he will leave your foods at the end of your driveway. Check there before calling to report a missing delivery. You may also arrange for an alternate drop-off site during storms by calling your local WIC office.

clip & save recipe!

## Homemade Chicken & Vegetable Soup

### SERVINGS:

4 adult servings and 8 preschooler servings

### INGREDIENTS:

- 1 T vegetable oil
- 1 cup celery, chopped
- ½ cup onion, chopped
- 1 cup carrots, diced fine
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- 4 cups reduced sodium chicken broth
- 2 cups potatoes, peeled and chopped
- 1 cup cooked, chopped chicken breast
- ½ cup small pasta, uncooked
- Salt and pepper to taste



Heat oil over medium heat in large saucepan. Add onions, carrots and celery. Cook until tender, about 5 minutes. Add garlic and oregano and cook 2 minutes more. Stir in chicken broth, chicken and potatoes. Cover and cook on low until potatoes are tender, about 20 minutes. Add pasta and simmer until pasta is tender, about 10 minutes. Serve with salad and whole grain bread.

Each adult serving provides: 330 calories; carbohydrate 42 grams; fat 8 grams; protein 25 grams; sodium 450 milligrams; fiber 4 grams.



## America on the Move

America on the Move is dedicated to help you take small steps and make small lifestyle changes for a healthier way of life. The key to success is to find ways to balance food intake with physical activity, whether that's slightly decreasing calories or slightly increasing movement, or both. Here are some ideas from [www.Americaonthemove.org](http://www.Americaonthemove.org):

- Use 1 tablespoon less butter, margarine or oil in your recipes
- Eat slowly to make your meal last and reduce your urge for second helpings
- Control your portions by pouring one serving of pretzels or chips into a bowl instead of snacking from the bag
- Satisfy your chocolate craving by opting for one small fun-size candy bar
- Pay close attention to serving sizes on bottled beverages; many contain two or more servings
- Hold a meeting while you go for a walk
- Take the long route while browsing at a mall; don't visit the stores sequentially
- Ride your bike to accomplish local errands, such as going to the library or the bank



How do you keep your family healthy in the winter?

**I make sure my kids wash their hands a lot, especially before they eat.**

— Brenda from Bennington



## Holiday kitchen helpers

During the holidays we spend more time cooking and baking in the kitchen. This is a wonderful time of year to bring your child into the kitchen to share in food preparation. The best way to teach your child about healthy eating is to cook and eat together!

Let your small child help you in the kitchen as soon as he is able. It's a great way to introduce new foods. Make the Chicken & Vegetable Soup recipe in this issue together! Children who help choose, wash and cook new foods are more likely to try them. Trying new foods will increase the variety of foods that your child likes.

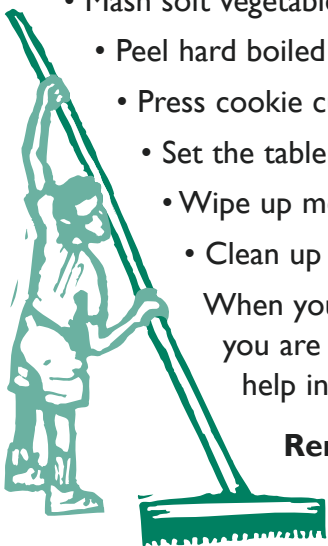
### Small children can help:

- Wash fruits and vegetables in water — potatoes, carrots, green beans, pea pods and squash
- Tear lettuce into small pieces for a salad
- Stir foods together in a bowl. Give your child a large spoon. Let him stir together muffins, pancakes and other batters.
- Spread peanut butter on bread, crackers and apple slices
- Peel fruit — bananas, oranges and grapefruits
- Mash soft vegetables — potatoes, sweet potatoes and squash
- Peel hard boiled eggs
- Press cookie cutters into bread slices, tortilla shells, cheese slices
- Set the table with plastic plates and cups
- Wipe up messes after cooking
- Clean up the table after eating

When your child helps in the kitchen, tell him that he did a great job and you are proud of him. Tell family and friends that your child is a great help in the kitchen!

### Remember — safety first!

Keep young children away from hot stoves, sharp knives and electric appliances.



How do you keep your family healthy in the winter?

**We eat lots of oranges and other foods with vitamin C.**

— Mary from Rutland

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Homemade Chicken & Vegetable Soup

"The spirit of sharing" adapted from KidFood newsletter; Homemade Chicken & Vegetable Soup recipe adapted from Cooking for Life newsletter, UVM Extension.



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